

Weston Parks & Recreation Department

P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655

www.westonct.gov - Parks & Recreation

LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)

BODY BLAST



FOR MEN AND WOMEN

TUESDAY OR THURSDAY

A total body sculpting and toning workout with emphasis on core, balance and strength!

DAY/DATES: Tuesday: Jan. 22, 29, Feb. 5, 12, 26, March 5, 12 & 19 (No class 2/19)

OR

Thursday: Jan. 24, 31, Feb. 7, 14, 21, 28, March 7 & 14

TIME: Tuesday: 7:45 a.m. – 8:45 a.m.

OR

Thursday: 7:00 p.m. – 8:00 p.m.

LOCATION: Hurlbutt All Purpose Room South House @ Senior Center Room #53

FEE: \$65.00 for either Tuesday or Thursday (8 classes) Maximum – 20 Minimum - 8

INSTRUCTOR(S): Shelley Kaiser. For information email Shelley at shelleykaiser@aol.com

Please bring your own water, mat and towel for floor work.

REGISTRATION: Online Registration or Walk in: Begins on Friday, Jan. 4th at 12:01 a.m. at www.westonct.gov. Payment made by credit card only online.

In person registration: Begins on Monday, Jan. 7th at 9:30 a.m. in the Recreation office.
Payment by cash or check only payable to, "Town of Weston".

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account make sure your information has been updated (i.e. address, grade, age, etc.)